

June

Monday	Tuesday	Wednesday
	1	2
7	8	9
14	15	16
Flag Day	Celebrate National Men's	
21	22	23
28	29	30

May						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

July						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Thursday

Friday

Saturday

Sunday

3	4	5	6
10	11	12	13
17	18	19	20
Health Week (June 14-20).			Summer begins Father's Day
24	25	26	27

June

Health Activities and Observances

National Safety Month
National Scleroderma Awareness Month
Fireworks Safety Month
National Aphasia Awareness Month
National Men's Health Week (14-20)
Helen Keller Deaf-Blind Awareness
Week (27-July 3)
National Headache Awareness Week (6-12)
National Cancer Survivors Day (6)

NOTES _____



*In the United States,
the fact that you can start
again gives a lot of energy
and strength and youth to
this country. That is why it's
so powerful in many
ways, and so creative.*

-Isabelle Allende

June

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

		Mon	7	_____	_____		
Tue	1	_____	_____	Tue	8	_____	_____
Wed	2	_____	_____	Wed	9	_____	_____
Thu	3	_____	_____	Thu	10	_____	_____
Fri	4	_____	_____	Fri	11	_____	_____
Sat	5	_____	_____	Sat	12	_____	_____
Sun	6	_____	_____	Sun	13	_____	_____

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

June

Mon	14	_____	Mon	21	_____
Tue	15	_____	Tue	22	_____
Wed	16	_____	Wed	23	_____
Thu	17	_____	Thu	24	_____
Fri	18	_____	Fri	25	_____
Sat	19	_____	Sat	26	_____
Sun	20	_____	Sun	27	_____

June

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Mon 28 _____

Tue 29 _____

Wed 30 _____

NOTES _____



Wellness starts with... Not Smoking



Did you know that lung cancer kills more women every year than breast cancer? Even though we know its effects are harmful, one of every five women in the United States still smokes. Did you also know that smoking could affect more than just your lungs? **Not only does smoking cause lung diseases (such as lung cancer, emphysema, and chronic bronchitis), it can increase your risk for other health problems:**

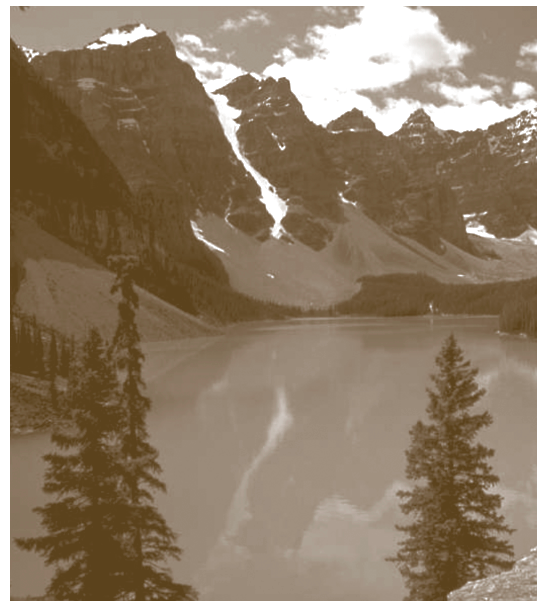
- **heart disease:** blood flow to the heart is critically reduced
- **stroke:** lack of blood flow to the brain from a blood clot, or bleeding in the brain from a broken blood vessel
- **early menopause:** the stopping of menstrual periods
- **osteoporosis:** thinning or weakening of your bones
- **other cancers:** cancer of the throat, mouth, esophagus (food pipe), pancreas, kidney, bladder, and cervix (opening to the uterus or womb)
- **infertility:** problems getting pregnant
- **wrinkles:** damages the skin and causes wrinkling

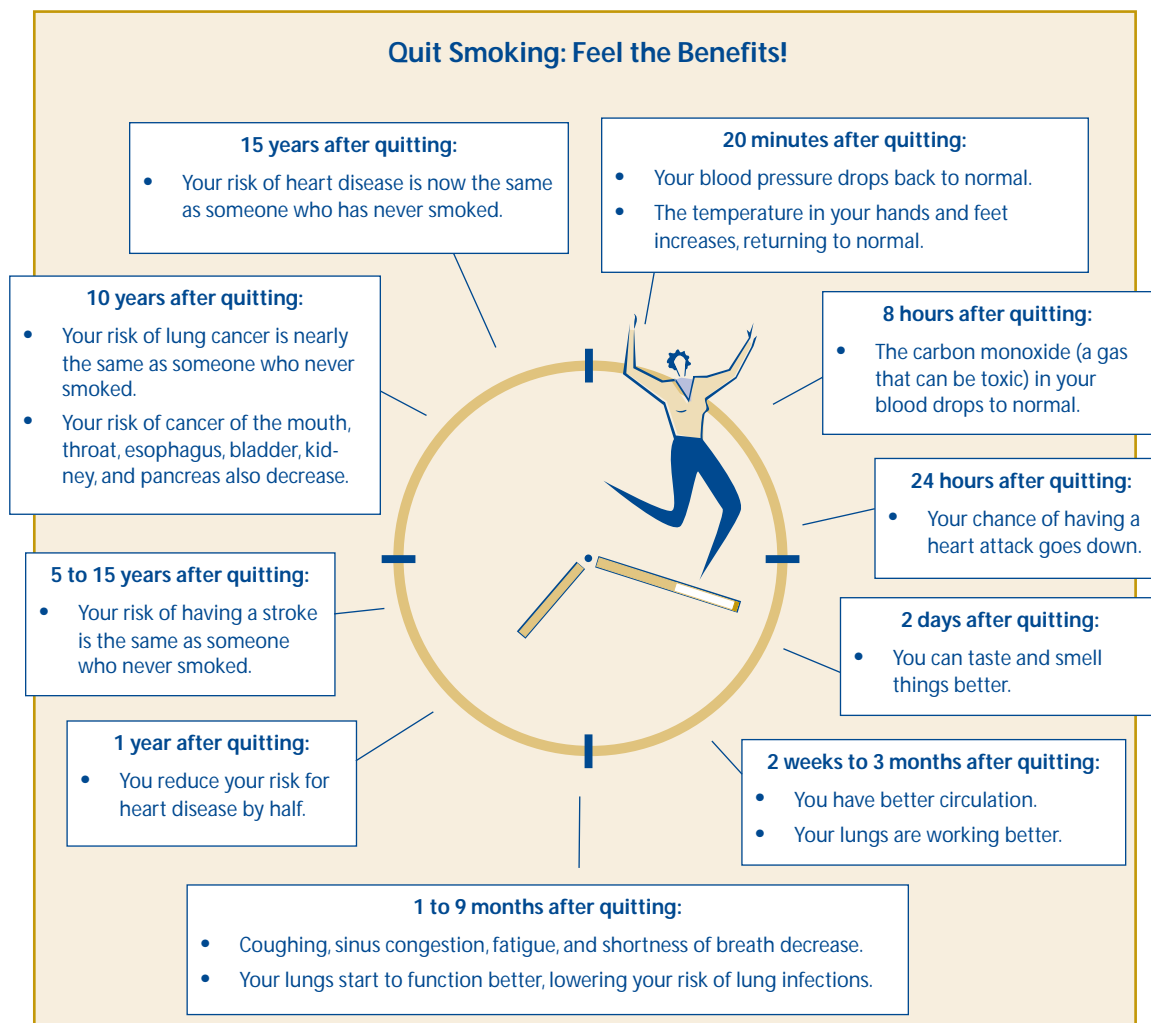
Smoking while you're pregnant can also cause serious health problems. It increases your chances of having a miscarriage (losing your pregnancy), stillbirth (the baby dying in your womb), infant death, premature or early birth, or having a baby with low birth weight. Smoking also affects your baby when you're breastfeeding. If you smoke and breastfeed, your baby is exposed to the

same harmful chemicals that you are. Heavy smoking can reduce your milk supply and can cause nausea, vomiting, abdominal cramps, and diarrhea in your baby. But health care providers agree, if you've tried to quit smoking and can't, it still is better to breastfeed your baby than to give your baby formula.

"Light" Cigarettes Aren't Safe Either

You may think that "light" cigarettes are less harmful than regular cigarettes. They're not. Light cigarettes put smokers at the same risk for smoking-related health problems as regular cigarettes. Some cigarette packs say that light cigarettes





have lower tar and nicotine. Don't let these claims fool you. Tobacco companies use smoking machines to figure out the amount of tar and nicotine in the cigarettes. These machines "smoke" every brand of cigarettes the same way. However, people don't smoke cigarettes the same way machines do. People may inhale more deeply, take longer or more frequent puffs, or smoke extra

cigarettes to satisfy their nicotine craving. Smokers then inhale more tar, nicotine, and other chemicals than the smoking machine measures. Another way that tobacco companies try to make light cigarettes is by putting tiny holes in the filters to dilute the smoke with air. However, many smokers block the holes with their fingers or lips, and it's the same as smoking regular cigarettes.

Steps You Can Take to Quit Smoking

You have the power to make the decision to quit and feel great!

Did you know that many people try to quit two or three times before they are able to give up smoking for good? Nicotine is a very addictive and powerful drug—it's as addictive as heroin and cocaine. The good news is that millions of people have given up smoking for good. It's hard work to quit, but you can do it!

Follow these steps to help you to quit for good:

Pick a date to stop smoking. Plan to quit in the next two weeks. Think about choosing a special day. If you smoke at work, quit on the weekend or during a day off, so you'll be cigarette-free when you return.

Tell family, friends, and coworkers that you plan to quit. Let the people important to you in your life know the date you will be quitting and ask them for their support. Ask them not to smoke around you or leave cigarettes out around you.

Create a fund. Each time you would normally buy a pack of cigarettes, put that saved money in a special place, such as an empty jar or envelope.

Times I'm tempted to smoke

What I'll do instead



Set a goal for yourself. Once you reach your goal, reward yourself!

Plan for challenges. Think about when you might be tempted to smoke, and try to be ready for those times. For example, when you get the urge to smoke, try to do something different—talk to a friend, go for a walk, or do something you enjoy like gardening or going to the movies. Try to reduce your stress with exercise, meditation, hot baths, or reading. Have sugar-free gum around to help handle your cravings. Drinking lots of water or other fluids also helps. You might want to change your daily routine as well—try drinking tea instead of coffee, eating your breakfast in a different place, or taking a different route to work.

Remove cigarettes from your home, car, and workplace. Get rid of things that remind you of

smoking. Get rid of all cigarettes, ashtrays, and lighters in your home, car, and workplace.

Talk to your health care provider about medicines to help you quit. Some people have symptoms of withdrawal when they quit smoking, such as depression; not being able to sleep; feeling cranky, frustrated, nervous, or restless; and trouble thinking clearly. Even though smoking doesn't suppress appetite, you may also feel hungry. There are medicines to help relieve these symptoms. Most medicines help you quit smoking by giving you small, steady doses of nicotine, the drug in cigarettes that causes addiction. Talk to your health care provider about which of these medicines is right for you:

- **nicotine patch:** worn on the skin and supplies a steady amount of nicotine to the body through the skin

- **nicotine gum:** releases nicotine into the bloodstream through the lining in your mouth
- **nicotine nasal spray:** inhaled through your nose and passes into your bloodstream
- **nicotine inhaler:** inhaled through the mouth and is absorbed in the mouth and throat, but not in the lungs
- **antidepressant medicine:** helps relieve nicotine withdrawal and the urge to smoke

Get more help if you need it. Join a quit-smoking program or support group to help you quit. Personal support is critical. These programs can help you handle withdrawal and stress and teach you skills on how to resist the urge to smoke. Contact your local hospital, health center, or health department for information about quit-smoking programs in your area.

For more information about smoking and how to quit, check out these resources:

HealthierUS.gov

Internet: www.healthierus.gov/behaviors.html

National Women's Health Information Center A Breath of Fresh Air –

Independence from Smoking

Internet: www.4woman.gov/QuitSmoking

Phone: 800-994-9662

National Cancer Institute

Smoking Quitline

Internet: www.smokefree.gov

Phone: 877-44U-QUIT

National Center for Chronic Disease Prevention and Health Promotion, CDC

Tobacco Information and Prevention

Source (TIPS)

Internet: www.cdc.gov/tobacco

Publications:

Women and Smoking: A Report of the Surgeon General

Internet: www.surgeongeneral.gov/library/womenandtobacco

Clearing the Air

Internet: www.smokefree.gov/cta.html

You Can Quit Smoking Consumer Guide

Internet: www.cdc.gov/tobacco/quit/canquit.htm

Smoking and Your Digestive System

Internet: www.niddk.nih.gov/health/digest/pubs/smoke/smoking.htm